

Sensory Items On-the-Go

Have these handy
items ready for you
and your children
when you need a
sensory distraction

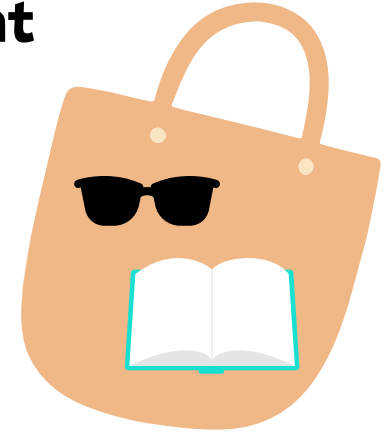
Taste



Banana or other healthy
snack

Scented lip balm

Sight



Sunglasses to dim the
lighting

A book to share a story

Hear



Keys that rattle

Headphones to listen to
music

Touch



Phone for typing text

Yarn to craft with

Smell



Scented fragrance

Hand cream or sunscreen